

FINAL REPORT – MANARA PROJECT



School Name

Chitkara University

Location

Punjab, India

Class/Team Size

5 Members

Project Title

SEWA

Project Slogan

Langar Beyond Borders

Project Description (Elevator Pitch)

Langar Beyond Borders is a social impact initiative developed under the Manara Project to promote coexistence, equality, and compassion through the tradition of Langar Sewa. Rooted in the philosophy of selfless service, the project demonstrates how shared meals can break social barriers and create a sense of belonging among people from diverse cultural, religious, and socioeconomic backgrounds.

Through research, community participation, and storytelling, the project highlights how simple acts such as cooking, serving, and eating together foster empathy and collective responsibility. The initiative addresses challenges such as hunger, social isolation, and inequality while

inspiring individuals, especially youth to contribute toward building inclusive and harmonious communities.

Target Audience

Primary Audience:

Economically vulnerable populations including daily wage workers, migrants, elderly individuals, and people facing food insecurity.

Individuals experiencing social exclusion or lack of community support.

Secondary Audience:

Students and young adults interested in volunteering and social change.

Local community members from diverse religious and cultural backgrounds.

Volunteers (Sewadars) engaged in community service.

Audience Characteristics:

Emotionally responsive to humanitarian storytelling.

Motivated by compassion, belonging, and social responsibility.

Active users of digital and visual media platforms.

Open to participation in community-based initiatives.

Project Goals

- Promote equality and coexistence through the practice of shared meals.
- Raise awareness about Langar as a sustainable model of social harmony.
- Encourage youth participation in community service activities.
- Support awareness related to UN Sustainable Development Goals, especially Zero Hunger and Reduced Inequalities.
- Inspire behavioral change by encouraging acts of service and empathy.

Research / Rationale

The project was developed through both primary and secondary research. Secondary research included news articles, NGO reports, academic journals, and documentaries focusing on Langar Sewa and community kitchens. Research demonstrated that Langar not only addresses food insecurity but also promotes dignity, equality, and social cohesion.

Insights from organizations such as Akshaya Patra Foundation and Feeding India provided understanding of operational efficiency, nutrition standards, and large-scale food distribution models. Documentary studies deepened the team's understanding of the cultural and humanitarian significance of Langar.

Primary research included field observations, participation in Langar activities, and interviews with organizers and beneficiaries. These insights helped shape authentic storytelling and ensured that the project reflected real community experiences.

Tactics

- Collaboration with Gurudwaras and community organizations.
- Volunteer engagement through participation in Langar Sewa.
- Video storytelling including interviews and real-life documentation.
- Digital awareness through social media platforms.
- Community outreach promoting equality and coexistence.
- Media storytelling highlighting human-centered narratives.

Strengths

- Strong Cultural and Ethical Foundation – rooted in values of Sewa, equality, and compassion.
- Authentic Community Engagement – direct interaction increased credibility and emotional impact.
- Clear and Relatable Message – unity through shared meals is simple and powerful.
- Youth-Led Initiative – student participation enhanced creativity and outreach.
- Replicable Model – adaptable across universities and communities globally.

Opportunities to Improve

- Broader Community Representation – involve more interfaith and diverse community groups.
- Stronger Audience Interaction – introduce participation campaigns and volunteer engagement drives.
- Impact Documentation and Data Collection – implement surveys and structured feedback mechanisms.

Measures of Effectiveness

- Number of volunteers participating in Langar activities.
- Community engagement and participation levels.
- Audience feedback collected during project interactions.
- Social media engagement indicators such as views, shares, and comments.
- Increased awareness and discussions surrounding coexistence and equality.

Sustainability & Scalability Plan

Social Sustainability: Encourages continued volunteerism and community bonding.

Economic Sustainability: Supported through donations, partnerships, and collaboration.

Environmental Sustainability: Promotes responsible consumption and minimal food waste.

Institutional Sustainability: University and organizational partnerships allow long-term continuation.

Scalability: Model can expand across campuses, cities, and international communities.

Background: Understanding Langar Sewa as a Non-Denominational Space

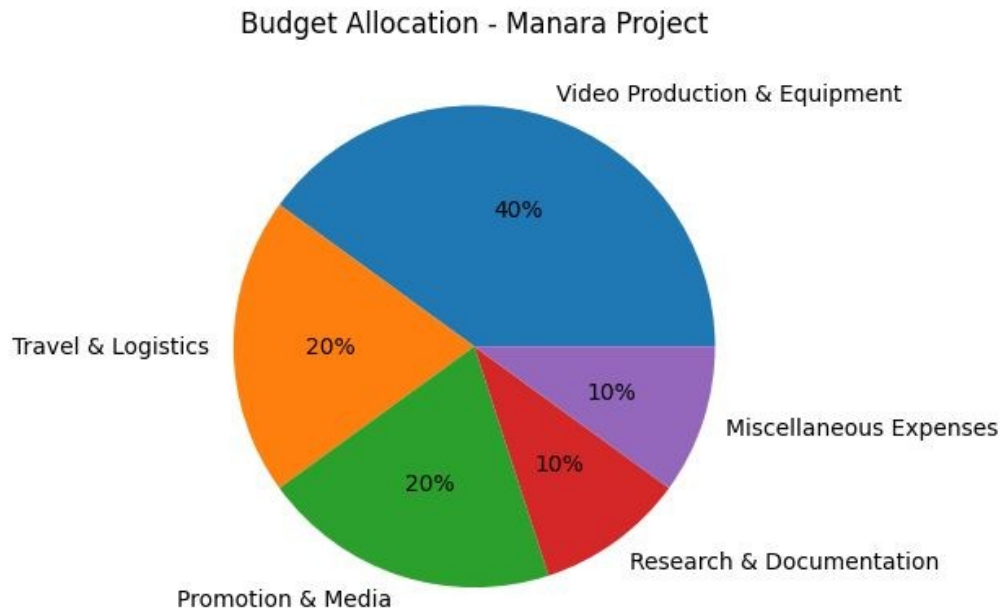
Langar Sewa, while rooted historically in Sikh tradition, has evolved into a powerful symbol of universal service and shared humanity. Across different locations and faith settings, Langar functions as a non-denominational space—one where the act of serving and sharing food overrides religious boundaries and social divisions.

Our project highlights three different forms of Langar Sewa, each demonstrating how inclusive community service operates in diverse environments:

1. **At the Gurudwara:** Langar represents the principle of *Sarbat da Bhala*—the welfare of all. People from all faiths are welcomed to sit together, eat together, and serve together, reinforcing equality and humility.
2. **At Mansa Devi Mandir:** The community-run food service extends beyond religious identity. Volunteers—irrespective of their background—contribute to feeding visitors and those in need, turning the space into a shared humanitarian effort rather than a faith-exclusive ritual.
3. **Street-based Langar Sewa:** Individuals and volunteer groups bring the spirit of service directly to underserved communities. This setting most clearly dissolves boundaries of class, religion, and social status, providing food and dignity in public spaces accessible to all.

Across all three contexts, the common thread is **inclusion**. These spaces operate not as religious institutions, but as platforms where people come together through food, compassion, and mutual support. By showcasing these variations, the project video emphasizes how shared meals become a tool of coexistence—bringing people together beyond labels and identities.

Budget Allocation



- Video Production & Equipment – 40%
- Travel & Logistics – 20%
- Promotion & Media – 20%
- Research & Documentation – 10%
- Miscellaneous Expenses – 10%

Social/Digital Links:

- Facebook: <https://www.facebook.com/share/v/1GUgwRw49j/>
- Instagram: <https://www.instagram.com/reel/DU8X41IknAN/?igsh=aXMyeGl5aDJ6cWw=>
- You tube: <https://youtu.be/LwjWkqwp1lQ?si=7kPxUxjQMuuQPNs0>
- LinkedIn:

https://www.linkedin.com/posts/aditya-ray-472011379_langarsewa-manaraproject-seva-ugcPost-7430447959781126144-0qBz?utm_source=share&utm_medium=member_android&rcm=ACoAAF1wqIYB3m2bhcXL3Q9wsslDAJddzKkIgi0

Media:



Langar Sewa (Manara Project)

@adityaray735 · 2 views · 1 day ago · ...more



Comments

S Add a comment...



Aaj Saubhagya Prapt Hua 😊 |
Manisha Ji Ke Saath Lunch
House of Pauls · 2.1k views · 1 day ago

×

Reels ▾

🔍

👤

Many thoughts collide here, yet one thought still lives

Aditya Ray

👤

Seva is not just an act — it's a spirit of togetherness. 🙏✨

We are humbled to share glimpses from our ****Langar Sewa**** initiative under the ***Manara Project***, where hearts came together to serve warm meals with love, dignity, and compassion. 🍲💛

This effort reflects our belief that when communities unite in the spirit of seva, no one has to face hunger alone. Every plate served

👤 7 people

👍 3

💬

➦

🔖

⋮

UP NEXT: Vikramaditya Singh ×



Aditya Ray · 1st

MBA (Marketing) student at Chitkara University

14h · Edited · 🌐



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We are humbled to share glimpses from our **Langar Sewa** initiative under the *Manara Project*, where hearts came together to serve warm meals with love, dignity, and compassion. 🍲💛

This effort reflects our belief that when communities unite in the spirit of seva, no one has to face hunger alone. Every plate served carried a message of care, equality, and hope.

A heartfelt thank you to all volunteers, supporters, and partners who made this possible. Your selfless contribution continues to light the path for many. 💛

Let's keep the spirit of seva alive and continue building a more compassionate world — one meal at a time.

[Amandeep Singh](#) , [Jashan Kheiva, PhD](#) ,

[#LangarSewa](#) [#ManaraProject](#) [#Seva](#)
[#CommunityService](#) [#GivingBack](#) [#HumanityFirst](#)
[#Volunteerisma](#)

